



Smart Steps to a
Healthier YOU!

Wellness flash

RUTHERFORD COUNTY SMART STEPS WELLNESS PROGRAM

AUGUST 2014

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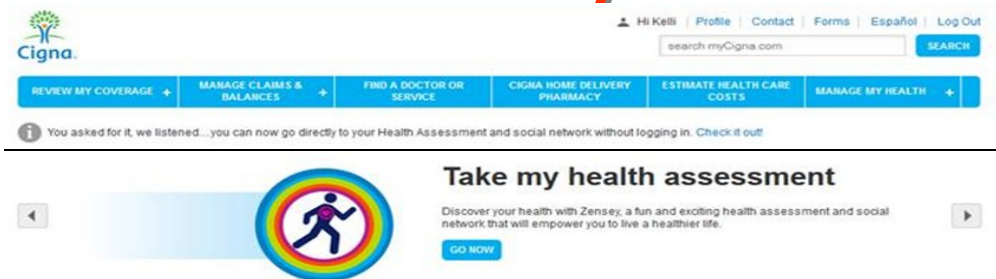
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Introducing... Zensey!



Starting today, Cigna has incorporated the world of Zensey into your health assessment.

This health assessment has the same type of questions you are familiar with, but it's faster and easier to complete. Zensey provides you with tools and interactive challenges - a fun way to improve your health. To avoid a \$25 increase on your monthly insurance premium in 2015, employees and their

spouses who participate with the RC medical plan must both complete the 10 minute Zensey online assessment by: November 30, 2014.

Data collected is private and confidential and will not be shared with Rutherford County. Cigna reps will visit your school/ dept to train on Zensey. Look for training dates in your open enrollment materials which will be mailed to your home.

WIN AN iPad AIR 16 GB!

When you complete the health assessment, your name will be entered in a raffle for a chance to win one of four iPad Airs (16 GB)!



Healthy Recipe Challenge

Free \$5 Farmer's Market Token

Share your favorite recipe or healthy meal with Smart Steps and receive a free \$5 Farmer's Market token for the Rutherford County Farmer's Market.

Email your recipe to:
kperrien@rutherfordcountyttn.gov

Recipes due by August 31.

RC Farmer's Market is open every Tuesday & Friday from 7 AM to 12 PM at Lane Agri Park Community Center, 315 John Rice Blvd. in M'boro.

All market vendors are actual growers of what they sell featuring fresh fruit & vegetables to locally raised beef and baked goods.

Free education classes are also offered at 9 AM on topics such as 'Organic Pest Control', and 'Eating Healthy on a Budget'.

Note: Smart Steps welcomes as many recipes as you would like to share, however a maximum of 2 tokens per employee is available.

E-Wellness Nutrition Challenge



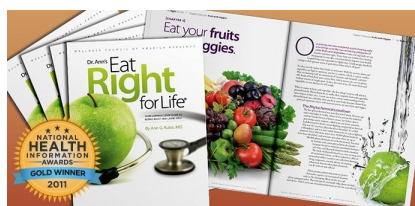
Join our Nutrition Challenge
Sept. 2nd thru 30th

eWellness is an internet-based program designed for work-sites to promote the basic foundations for healthy living. *The goal of eWellness is to engage participants while healthy practices become habits.* Members can form into teams or compete as individuals. Participants earn points for healthy diet and physical activity behaviors. These points are used for rewards and recognition. For example: eating ½ cup of fruit earns you 5 points. The software then calculates the participant's

five best days each week; so a bad day does not take you out of competition.

To sign up, visit <http://ewellness.tennessee.edu>

The first 50 to register, will receive an Eat Right for Life Book & Cookbook Companion.



Rutherford County

Government, code Fall 2014.

Register for eWellness

I am registering as: ☒ an individual ☐ part of a group

First Name: Mickey

Last Name: Mouse

Email: mickey@disney.com

Password: *****

State: Tennessee

Join Mailing List: ☒

Create Account

Healthy Dining Finder

The Healthy Dining Finder website also features an "Ask the Dietitians" and "Healthy Recipes" Section

Healthy Dining is all about dining out as a delicious part of your healthy lifestyle—whether it is a date night, family night with the kids, a business lunch and when you're traveling for fun or work.

On HealthyDiningFinder.com, you'll find a wide range of restaurants to offer you a

selection of dietitian-approved Healthy Dining menu choices. These choices have been hand-picked by Healthy Dining's team of registered dietitians because they meet Healthy Dining nutrition criteria and incorporate lean and high-nutrient ingredients—the

ingredients that fuel your body with energy and vitality so you can be at your very best! You don't have to guess which menu items are the healthiest. Visit www.healthydiningfinder.com and click on *Find The Best Choices* and enter your zip code.

Energize Your Day!

Energize your day with these simple steps...



Do you find yourself feeling too tired to do all the things that you need & want to do in your day? Physical energy gives us the ability to move and do the things we do every day! Maintaining physical energy involves getting active, eating right, and sleeping well. When you have the right fuel and sleep you'll have energy to be active throughout the day.

Get Active: Start by integrating small bouts of activity into your day. Take the stairs, skip the shuttle or go for a walk. The American Heart Association has resources to help you [get active](#).

Eat Right: Enjoy a balanced diet including fruit & vegetables, whole grains, lean protein, and low-fat dairy. [ChooseMyPlate](#) offers healthy

recipes, healthy eating on a budget, and more.

Sleep Well: Try to get 7-9 hours of sleep. The National Sleep Foundation offers [tips](#) to help you sleep better. Start by making sleep a priority.

“Added Sugars & Heart Disease Risk”



Women should get no more than 6 tsp. a day of added sugar and men no more than 9 tsp. a day.

Eating too much sugar can increase your risk of cardiovascular disease (heart attack or stroke). Take a look at the typical American diet, and it's easy to see most people eat too much sugar.

In a new study reported in the Journal of the American Medical

Association, researchers found that those getting more than 10% of their calories from added sugars have a 30% increased risk of dying from a heart attack or stroke. This is 70% of the population. Another 10% of Americans get 25% or more of their calories from added sugars, which more than doubles their risk of a heart attack or stroke (2.5 times higher risk).

How much sugar is safe?

The American Heart Assoc. recommends limiting added

sugar to no more than 6 teaspoons per day for women and no more than 9 teaspoons daily for men. This is about 5% of total calories eaten coming from added sugars to the diet.

The primary sources of added sugars in the diet came from:

- Sugar sweetened beverages including soft drinks, tea, coffee
- Grain-based desserts including cookies, cakes, pies, & pastries
- Fruit drinks w/ added sugar such as lemonade, fruit punch, etc.

- Dairy desserts such as ice cream
- Candy

Keep in mind that it is the sugar added to foods, not the naturally occurring sugars in fruits, that are damaging to one's health.

To improve your health and lower your risk of an early heart attack, watch your intake of added sugars

Source: JAMA

Upcoming Online Webinars - LifeServices EAP

August 19, 11 am & 1 pm

Getting Involved with Your Child's School

Along with the notebooks, pens, and a new backpack, your kids need parental involvement to succeed in school. Learn effective ways to be a part of your child's school experience.

September 16, 11 am & 1 pm

Caring for an Aging Relative

According to the National Council on Aging, 29% of U.S. population will need to care for a chronically ill, disabled, or aging relative in the coming year. Learn how to determine the type of care

Website: www.lifeserviceseap.com **Username:** [rutherford](#) **Password:** [employee](#)

**Early registration is recommended. Space availability is on a first come, first serve basis.*

Save the Date... October 17, 2014 Smart Steps Annual Employee Wellness Fair

Save the date and be sure to attend the Annual Wellness Fair on Friday, October 17, 2014 from 3 PM to 7 PM at Lane Agri Park Community Center - 315 John Rice Blvd. Murfreesboro, TN.

Flu Shots

Giveaways/Door prizes

Free Wellness Screenings

Fun for the entire family!

